

BLACK WOMEN - A DOMINANT ANTI-VIOLENCE FORCE

A few generations ago, Black women were considered, in a societal sense, to be at the bottom of the rung. They were seemingly treated with much less respect than black/white men and white women.

In fact, her sufferings were never fully highlighted throughout the annals of history. Perhaps the tribulations of the Black woman were never fully elucidated due to her perceived stoic attitude towards hardships and her resilience throughout the ages.

It should be noted that while Black men were dying in wars, at the hands of colonial and slavery powers, it was the Black woman who kept the family together creating a matriarchal society. Those of us from Jamaica can testify to this occurrence.

Today black women are demanding the same quality of life, and have afforded other females to come to the fore with diverse skills and life experiences. The black woman must be viewed as the most resilient facet of any

society based on her ordeals and achievements throughout the ages. The fact that she is triumphant in this generation is a testimony to her perseverance.

Once found only where menial work was available, black women have ascended to the professional-managerial class and any good research will conclude that she is the most improved facet of the society where university enrolment, corporate employment and general academic successes are concerned.

I have commenced this article with a tribute to black women in order to shed light on the fact that their many attributes have kept the family together during its many tribulations.

We have come to know the adage "it takes a village to raise a child" and it is remarkable that black women were always instrumental in this early post-colonial phenomenon. It was the black woman, who had come to understand that the colonial system had effectively made

Submitted by Milton Hart

demands on the black man that rendered him, at times, incapable of performing as the head of the family.

The Jamaican society, by virtue of slavery and colonization, has been pervaded with matriarchal families long before the advent of Americanization. A matriarchal family refers to one with a mother as the most influential element. This kind of family should not be seen simply as a broken nuclear family but as a

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ANNUAL GENERAL MEETING

SUNDAY
JUNE 26, 2005
 2:00 p.m. - 6:00 p.m.

Jamaican Canadian Centre
 995 Arrow Road

For further information call

JCA at (416) 746-5772

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*Letters and submissions welcome. The
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EDITORIAL

The term "it's déjà vu all over again" seems so appropriate at this time maybe with a few differences. It seems like just yesterday that we were in the throes of various elections Municipal, Provincial, Federal and locally within the Jamaican Canadian Association. During those many months of campaigning by the various aspirants, it seemed like it would never end. However, by the end of last year, there were across-the-board changes at all levels, with new faces representing the choices of the various constituents.

Here we are again on the cusp of another JCA election and the daily possibility of a federal election. It seems like federally we are walking a tightrope and at any moment if we simply looked down, the whole thing could come crashing down. With the walk across the floor in recent weeks and the PEI results in favour of the government, it seems we may be spared another trip to the ballot box at least in the immediate future.

Not so at the JCA, the ballots are being prepared and the campaigning is in full swing. So much can change in so short a time. It is once again time to vote in another slate of Board members and the race is on. For the positions of Vice President, Public Relations Chair, Membership Chair, Building Committee Chair and Treasurer. New to the slate this year is the position of Women's Committee Chair. Prior to this, the Women's Committee stood on its own and did not work under the full JCA Board mandate. The Committee

however has played an integral role within the JCA and has helped to steer the JCA on its successful course over these many years. The members of the Committee decided that it was time to have full voting rights and privileges and the general membership approved it at the Annual General Meeting held in May 2004. This in essence will create a larger Board.

As the JCA constituents go to the "polls" in a few weeks time, it is necessary that all those who aspire to be Board members keep in mind the fact that as a Board member, all the responsibilities of the Association automatically becomes "your" responsibility as well. It is important to be prepared to stand up for your convictions in order to support the vision of the association as well as to help create positive change within the community. It should not be considered a job for the faint of heart as it will never be possible to please all members of the competing interests, but it is important to remember that a united voice must be presented in order to effect change.

Last year as the rash of changes took place, right in this column this statement was made; **"With all the changes, each new leader is being watched keenly and judged daily by their constituents as to their ability to lead and willingness to engage others and make a difference. It is important that constituents play their part and support our leaders in an effort to ensure success for all. We are reminded that Change is Constant!"** It bears repeating. To all those who have decided to serve the community through the JCA's Board, we thank you all and wish you success.

REPORT OF JCA'S 2005 NOMINATING COMMITTEE

The Nominating Committee is pleased to present the following slate of candidates for the positions that are open this year:

Vice President, 2-year Term: Cory A. Mills

Cory A. Mills, B.A.; LLB.

Cory is a practicing Barrister, Solicitor and Notary Public. He has practiced in Jamaica and Canada. He has a keen interest in Human Rights Law, Administrative Law and Constitutional Law.

He is computer literate, people oriented, a team player and able to work well in a high pressure environment. In 2001 he was appointed a Justice of The Peace in Jamaica.

Vice President, 2-year Term: Edna Smith-Bowes

Edna is a retired public servant with the Ontario Provincial Government. She gave leadership in OPSEU, especially in organization, mediation and bargaining.

She is computer literate. In the Community she is involved in organizations championing issues on behalf of women and children. Edna is a hard worker, a quick thinker, a team player with lots of passion and

drive. She gets along very well with others.

She currently serves on several JCA Committees.

Vice President, 2-year Term: Barbara Thomas

Barbara Thomas, Registered Nurse.

Barbara is a retired Health Care Administration Co-coordinator, Educator, Preceptor and Consultant. She has chaired many Committees at the JCA.

She does community service in many organizations, including Metro Toronto Home for the Aged, other Senior Homes and the Presbyterian Church.

She is the recipient of the JCA 25 year membership award.

She is hardworking with strong leadership and communication skills.

Vice President, 2-year Term: Glen Morrison

Glen Morrison, B.A.

Currently Managing Director of Supreme ASK-A-PRO Human Rights Labour Relations, Information Referral Service. Glen has international education and experience in the Social and Criminal Justice Systems. He has expertise in Police Community Relations.

He possesses organizational, Interpersonal, Group facilitating, Community and Public Relations skills.

He is the author of two books.
1. Racism and Discrimination
2. Techniques for Dealing with Conflicts, Confrontation and Mediation Skills.

Treasurer, 2-year Term: Cyndi Anderson (Incumbent)

Cynthia (Cyndi) Anderson, C.G.A Ontario, Level 3. Cindy is the Current JCA Treasurer. She has worked for over 25 years in an Accounting/ Financial Administration.

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JAMAICAN CANADIAN ASSOCIATION

Students from the community who are pursuing post-secondary studies in Ontario Colleges and Universities are invited to apply for the following Jamaican Canadian Association Scholarships:

Dr. Ezra Nesbeth (\$2000)

I Have a Dream (two at \$1000 each)

Erma Collins (\$1000)

Marcus Mosiah Garvey (two at \$1000 each)

Mary Anne Chambers (\$1200)

Youth Affairs Committee Excellence Scholarship (\$1000)

Ryerson University Scholarship (two at \$1000 each)

Humber College Scholarship (\$1000)

Eva Smith Bursary (\$750)

Iris Management Scholarship (\$7000 over four years)

Eligibility, Selection Criteria and Application Forms can be obtained from the JCA website (www.jcassoc.com) or from the JCA Office at 995 Arrow Road, Toronto.

Application Deadline September 30, 2005

Youth Affairs Committee Report

*Submitted by:
The JCA's Youth Affairs Committee*

Expanding and developing community connections and partnerships has been an on-going goal for the JCA's Youth Affairs Committee. YAC members have been active in the last few months attending various events and lending support to numerous community initiatives.

Highlights of YAC's recent activities include:

2nd Annual Jumping the Broom African-Canadian Bridal Show

During the weekend of April 2nd and 3rd, YAC members attended the illustrious bridal show and also assisted with ticket sales whereby a percentage of the sales were donated to YAC.

"I KNOW I CAN" High School Conference

YAC supported the University of Toronto Black Student Association's (BSA) annual High School Conference on April 14th. The BSA invited YAC to participate in the annual conference that is designed to encourage black students to stay in school and pursue post-secondary education. YAC members joined the conference's panel session, offering advice on preparing for post-secondary education. They also shared personal experiences regarding their careers and provided insight on life in the working world.

Spelling Bee of Canada 2005

The JCA hosted the North York Chapter of the 2005 Spelling Bee competition on May 1st. Education

Chair Sylvanus Thompson, served as the Chapter President and spearheaded the volunteer team which included several YAC members. In the weeks leading up to the competition, the volunteer team dedicated much time and effort in preparing the students through coaching sessions and mock spelling bees. The prep work paid off as the students displayed confidence and poise during the intense pressure of the competition.

YAC's growing outreach will also extend to other JCA Committees. YAC is currently working on a social event with the Senior's Committee slated for June. The event will be a celebration of Caribbean culture and traditions. Stay tuned for more details. You may contact YAC at 416-746-5772 x 422 or youthaffairs@jcassoc.org. We would love to hear from you!



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BLACK WOMEN A DOMINANT ANTI-VIOLENCE FORCE

Continued

situation forged by struggles and hardships. During slavery and colonial times, some West Indian females had to successfully run the family in the absence of West Indian men who were marginalized by the governing system.

It was the black woman who retained strong links with her relatives who gave her both economic and emotional support. By dispersing her loyalties and by clinging especially to the unbreakable sibling ties with her brothers, the black woman increased her chances of sustaining her children and household. This I will refer to as the extended family. In poverty, this was a very effective strategy that created the "village" or communal concept.

In a situation where children were known to, and loved by many adults in a neighborhood, the likelihood of kids falling into

mischievous was quite low. Children were not only accountable or answerable to their immediate families but would face the wrath of the community should they stray. This is something that is absent from our current Canadian situation.

If colonialism can be seen as that which divided the black village, then the idea that we should only have nuclear families (this family consists of a husband, wife and their immature offspring) and not extended families, is the new colonial power.

The supposed harmful effects of the matriarchal family on the children are far from proven. From several analyses in the USA, we have seen where the female-headed family structure has not yet proven harmful, even for boys who grow up in it. Here I am not suggesting that the father should not have a role in the lives of the children. What I am suggesting is that from a West Indian perspective, greater influence on the part of the black woman has always led to a greater sense of community, less violence and greater prosperity for the family. Notwithstanding, both parents should be involved in the

lives of the children.

The present situation where the Toronto milieu is laden with black-on-black violence tells the grim story of the break-down of the extended black family that is usually propagated by the black female.

People of African ancestry are seemingly thinking that they should not be overly concerned about other people's children or the community. Perhaps the haste to acquire personal wealth in order to seem more prosperous than the neighbor has brought about a situation where we have cut ourselves off from the community.

Milton can be contacted:
mhart@yorku.ca

REPORT OF JCA'S 2005 NOMINATING COMMITTEE

Continued

She is computer literate. She is organized, flexible and hardworking.

Treasurer, 2-year Term: Tony Rodgers

Tony Rodgers, B.A. (Hons.) Econ; M.B.A; CSC.

Tony has worked in progressively responsible Management positions in Financial Institutions for over 10 years. Currently he is Senior Project Manager/ Business Development. He is computer literate.

His volunteer activities include mentoring to employees of the

United Way fundraising drives, Captain of "Visible Minorities of Direct Banking and Diversity Council"

He is goal oriented, a quick thinker and effective Team Manager.

Chair Membership Services Committee, 2-year Term: Gary Thompson (Incumbent)

Gary is a graduate in Electrical Engineering from the University of Technology in Jamaica. In Canada, he studied Electrical Engineering at Ryerson University, as well as Marketing and Organizational Behaviour at Schulich Business School at York University.

He is the Current Chair of the JCA Membership Committee. Gary is experienced in facilitating and mentoring of individuals.

He attempts to provide a multicultural perspective. He is a strategic thinker and a team player.

He volunteers in church, prison ministries, and youth work, municipal committees and the Heritage Singers.

Chair Membership Services Committee, 2-year Term: Anton E. Squire


Anton has taken courses in Law Management and Business Administration.

He is currently Owner/Managing Director of Metro Home Services.

He is computer literate.

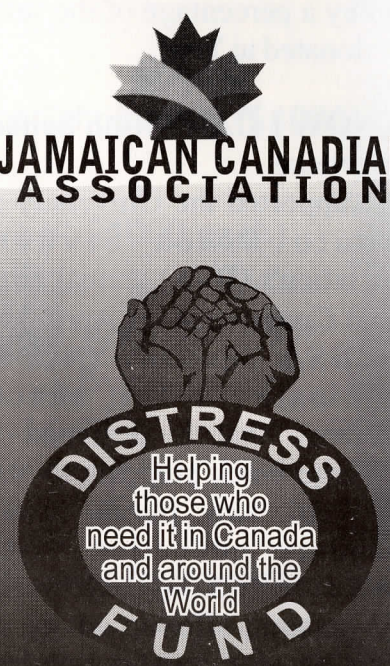
In the Community, he volunteered as Deacon and Church Council member, Chair of the Regional Programs- Canadian Red Cross, Chair of the Daffodil Campaign Canadian Cancer Society. Currently he is part of the Allocations Committee United Way of Greater Toronto. He is articulate, works well with other people, and is a respected community advocate.

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JAMAICAN CANADIAN ASSOCIATION
CELEBRATES 42

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and
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JAMAICAN CANADIAN ASSOCIATION
PRESENTS

FATHER'S DAY BREAKFAST

Sunday June 19, 2005

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Tickets: \$12.00 each
Children under 12: \$5.00

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Submitted by the JCA Women's Committee

Salutation to The Women's Committee Chairperson Pam Powell

Pam Powell has served as Chair of the Women's Committee since 1992.

A very pertinent question might be: "Why has she chaired the Committee for so many years"?

The Women's Committee was not a Standing Committee of the JCA until 2004. Powell gave committee members the opportunity to elect a new chair every two years but the committee collectively asserted that "if it was not broken there was no need for it to be fixed", which meant they had an exceptional chairperson in Miss Powell, and would not seek a change.

As Chair, Pam's leadership and communication skills demonstrate that she is a team player and not a dictator. Decisions are made with input from all Committee Members present. She keeps the group on track, working within the committee's mission statement, action plan, and the JCA's Constitution.

Powell is indeed a tireless worker who uses tact and diplomacy in sticking with any task at hand and getting committee members to achieve their aims.

As chairperson, Powell can be



Powell was a member of the Committee that produced the video "Violent Night" which deals with the many issues of violence in the home, and how it affects Black and Caribbean households. She also chaired the Committee that produced the 40th Anniversary Video "The Jamaican Canadian Association, its Founders, its Legacy, 40 Years of Caring and Sharing".

Powell's activities are not confined only to the Black and Caribbean communities as her volunteer work spans the Greater Toronto area. She has been **Volunteer Counsellor with Planned Parenthood of Toronto** since 1996, and a member of the **Program Services Committee of the Alzheimer's Society of Metropolitan Toronto** for over 10 years. She is also an active member of the **Women's Intercultural Network**.

Powell is the recipient of several volunteer awards including the Ministry of Citizenship & Immigration's **Outstanding Achievement Award 2003**.

For over sixteen years, she has given much of herself to the Women's Committee during her tenure, and continues to do so.

We thank you for your great leadership, dedication and commitment.

Powell was a member of the Committee that produced

proud of the quality of the Committee's activities and its achievements. Here is a partial list of her achievements:

Under Powell's leadership, the Women's Committee organized the first **Health Fair for Black Women**, Provincially and Internationally. The Committee spearheaded the "**Black Women's Coalition**" and participated in the **World March of Women - 2000 Rally in Ottawa on Poverty and Violence Against Women**. She also coordinates the annual "**Women Recognizing Women**" event in celebration of International Women's Day, whereby the Committee recognizes the women of JCA for their contribution to the Organization and the Community.

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WALK-A-THON NEWS AND HIGHLIGHTS

I am pleased to announce that once again our Annual Walk-A-Thon was a success. We were very fortunate to have a cool, but at least sunny morning instead of having the rainy day that was expected. Members of the Saturday Morning Tutorial did a wonderful job of leading the approximately 75 participants in warming up exercises before the walk. There were plenty of patties, water, juice and Popsicles to go around.

Our sincere thanks to all committee members, other JCA volunteers and friends who helped to make this year's walk a success. A special thank you goes out to our Fundraising Chair- Mr. Richard

Banton for providing us with great ideas, passion and inspiration. Our congratulations to the following top 3 Prizewinners for raising the most amount of revenue:

- 1st Place: Mrs. Fay Conville, \$975.00
- 2nd Place: Ms. Sharon Wynter, \$530.00
- 3rd Place: Ms. Daphne Bailey, \$480.00

When all the pledges are in, it is projected that we will collect approximately \$20,000.00. We would also like to thank all of our sponsors who demonstrates much needed public support for our organization and for the programs & services we provide.

We look forward to seeing you all next year.

Sincerely,
Karen Beaulieu
Resource Development
Coordinator, On behalf of the
Fundraising Committee



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REPORT OF JCA'S 2005 NOMINATING COMMITTEE

Continued

Chair Membership Services Committee, 2-year Term: Barbara E. Thompson

Barbara Thompson has a Masters in Education, a Certificate in Long Term Care-Senior Management and a Bachelor of Nursing.

She is an innovative, visionary, healthcare leader, passionate about community health and particularly issues about the disadvantaged. Extensive experience in management, education, clinical practice and policy-making levels.

She has lifelong commitment and experience in volunteer leadership capacities in non-profit based organizations. She continues to serve as Surveyor with the Canadian Council on Health Services Accreditation (CCHSA) and has extensive knowledge of and interest in the whole area of determinants of health.

Chair Membership Services Committee, 2-year Term: Pam Reynolds

Pam has a Certificate in Business Administration from George Brown College and a Certificate in Human Resources Management from University of Toronto.

She is computer literate.

Pam Reynolds' achievements and volunteer activities include a past member of Caribbean African Chamber of Commerce as membership chair, Parent Teachers Association, Monsignor Percy Johnson Catholic School.

She is the President of Reynolds & Associates and married with two children.

Member, JCA Scholarship Selection Committee. Past member of the Social Committee

Past Member of the Fundraising Committee and the recipient of JCA's Volunteer Award "Women Recognizing Women"

Experience in Debt Management/Credit Counseling, Special Events & Hospitality Planning.

Public Relations Committee, 2-year Term: Avril James

Avril James, Registered Nurse, B.A.

She is currently involved in education and research in a large teaching hospital.

She is computer literate. She volunteers in the church and political association.

She is the Founder and Editor of a Nursing Newsletter. She is considerate and hardworking. Her community network and interpersonal skills should be an asset.

Public Relations Committee, 2-year Term: Arnold Rowe

Arnold Rowe is currently CEO and Managing Director of Rapid Remittance Money Transfer Company. He is experienced in Policing and Insurance.

He has volunteered in leadership roles for many business organizations in Jamaica and Ontario.

Women's Committee, 2-year Term: Camille Hannays-King

Camille Hannays-King, B.A; M.Ed; Graduate Certificate in Adult Education.

Camille currently works as a Professor at the Humber Institute of

Technology and Advanced Learning. She has over twenty years' knowledge skills and work experience in counseling, group facilitating, crisis management and sensitivity to ethno-cultural and racial diversity issues. Her workplace experience includes focus on women's issues, teenagers and the family. She has published in Professional Journals on Counseling, Sexual Abuse and Stress Management. Camille has a wide range of volunteering experience in the community.

Relevant are: JCA Women's Committee, Congress of Black Women, Board Member of Scarborough Women's Centre and the Executive Council of Academic and College Committee. She is committed and a people person who manages her time efficiently and understands the work of boards.

Building Committee Chair, 2-year Term: Amy Nelson

Amy Nelson, Registered Nurse.

Amy is a Retired Nurse Manager. She is one of the Founding Members of the JCA.

She has served for many years on most of the JCA Committees. She currently serves on the Building Committee.

She has volunteered nationally and internationally and is the recipient of multiple awards for her work over the years. Her passion and drive for the JCA is admirable.

Amy is flexible, forthright, organized, a hard worker and a people person.



JCA Chapter of Spelling Bee Canada

The Jamaican Canadian Association was the host of the North York West Chapter of the 2004/2005 Spelling Bee of Canada Regional Competition. As the host the JCA was responsible for various activities including promoting the event, registration of participants, coaching, planning and implementation of the Regional finals. The Chapter President was Education Chair Sylvanus Thompson with excellent support from a team of volunteers that included: Chantal Garnett, Ian Edwards, Rochelle Godfrey, Natasha Blake, Anneisha McLean, Lucretia Fletcher, Dwaine Osbourne, Natalie Blake, Joe Boetang, Karen Tull and Karen Beaulieu.

Over one hundred children between the ages of 6-15 years participated in both the Junior and Senior Categories of the Regional Championship, which was held on Sunday May 1st at the JCA. The Guest Speaker for the event was popular CHRY personality and school principal Luther Brown who reminded the participants that by taking part in the competition they were already in the winners circle. The MC was JCA In Focus Editor and Chair of the Public Relations Committee Milton Hart. David Griffiths, President of the JCA addressed the participants and the approximately 300 persons in the audience. Other officials at the ceremony included; Judges- Barry Morrison and Trevor Bardford; Ian

Edwards as Word Pronouncer; Registration: Rochelle Godfrey, Anneisha McLean and Dwaine Osbourne; Name Announcers: Michelle-Ann Hylton and Symone Wilson; Word Keepers: Natasha and Natalie Blake; Stage Manager: Joe Boetang; Resource Person: Chantal Garnett; Arbiter: Spelling Bee President Julie Spence and Event Coordinator Sylvanus Thompson.

After several very exciting rounds of competition with excellent support from the parents and well-wishers in the audience, the following participants emerged as the winners in the respective categories:

Junior Category: 1st - Raveena Ravendran, age 7, of Sheppard Public School; 2nd - Janarth Kathirgalingam, age 7, Glenshields Public School and 3rd - Kwado Obeng-Archin age 7, Tumpane Public School.

Senior Category: 1st - Cyril Zhang age 11, Seneca Hill Public School; 2nd Pallavi Sriram age 14, W.L. MacKenzie Collegiate Institute and 3rd - Mohammad Nazir Amir age 14, of Lawrence Heights Middle School.

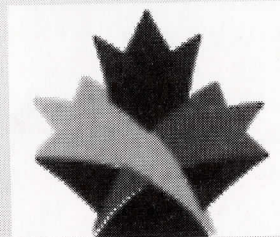
All the participants received Certificates of Participation while the three finalists in each category received trophies and cash prizes donated by Spelling Bee of Canada. The 1st, 2nd, and 3rd place

finishers in each category will advance to the Provincial Finals to be held at the Convocation Hall, University of Toronto on Sunday May 29th.

The JCA is very grateful to all the volunteers, officials and other individuals or companies that contributed to the success of this event.

Submitted by:

Sylvanus Thompson



JAMAICAN CANADIAN
ASSOCIATION

TOGETHER
WE CAN
DO IT.

Tid Bits

Submitted by
Alton Telfer

Winter is over! Let us enjoy spring while looking forward to summer. Having spent some of the bitter winter in Jamaica, the summer will not be a day too early! I need not tell you that Jamaica is a good place to be at all times, especially at wintertime.

Jamaica is also a good place to save your money. The returns are very good. In Canada you get less than 2% on your savings while in Jamaica the range is up to 15%. It is not difficult to become a millionaire down there in a short space of time.

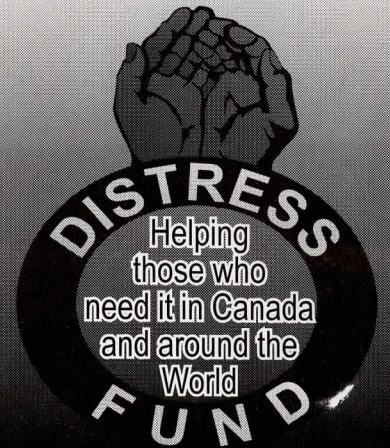
You should be aware that the tax you pay on the accrued interest

varies depending on the country in which you reside. Residents of Canada pay 15% withholding tax, the United States and England is about 12 percent, while residents of Jamaica pay 25%. This concession does not happen automatically, an application has to be submitted to Inland Revenue at 116 East Street, Kingston. If you have an account there you should submit an application for the concession as your savings could be substantial.

I would like to use this medium to congratulate three persons for their achievements; first is Toronto Police Staff Superintendent Bill Blair who

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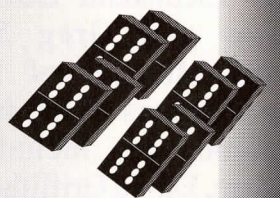

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**JCA DOMINO
CLUB**



The JCA Domino Club is looking for new members.

The group meets every other Friday at
6.p.m. & every other Saturday at 2p.m.

For information please call:

Gifford Walker at 416-222-4695
Josephine Spence 905-851-7601

Tid Bits

Continued

was sworn in on April 21st as Toronto Police Chief, succeeding former Chief Julian Fantino. Our own JCA long-time supporter and son-of-the-soil Peter Sloly, who was promoted to Superintendent. At 38 years old he is the youngest senior officer in this jurisdiction. He is based at 55 Division and supervises a staff of 250.

Congratulations should also be conveyed to Alvin Curling, the Speaker of the Ontario Legislature. On May 2nd 2005, he celebrated 20 years of political life. Over four hundred friends and family showed up at the Scarborough Delta Hotel to celebrate with him. Among those that paid tribute to him were the M.C. of the evening, David Peterson, former Premier of Ontario, Lincoln Alexander, former Lieutenant Governor of Ontario and Greg Sorbara, Ontario Minister of Finance. Many members of the JCA were in attendance, including the President, David Griffiths.

Turning to golf, the season has started. Should you need golf lessons, please contact Alvin Ffrench through the JCA. The date of our Annual Golf Classic Tournament is Saturday, August 13, 2005. We need "hole" and "tee" sponsors - \$350 and \$150 respectively. Please contact your employer or the people with whom you do business to solicit support in this regard. In return they will receive added publicity. You should also start collecting items for the prize table. Unused gifts lying around the house are also acceptable. You may contact Alton Telfer at 416-292-4551 for more information.

To conclude, let me take this opportunity to wish you and family a healthy and enjoyable summer, and also to remind you of Bruce McDonald's (JCA) 2ND Annual Father's Day Breakfast, June 19th, at 9:00 a.m. at the JCA Centre - \$12.00 per person. Boys and girls, please bring your DAD and you will get a chance at the mike to say what you think of him. Last year's event went very well.

The Christmas Grand Market Committee is planning to discontinue this event permanently. Please give me your opinion on this matter.

Volunteers are needed

at the



**Jamaican Canadian
Association (JCA) Centre**

To establish a Scout Movement. The Scout Movement will provide stimulating indoor and outdoor programs for young people from 5-26 years. Scouts Canada and members of the Canadian Armed Forces will provide the necessary training and guidance in operating the group.

For further information,
please contact
The JCA,
416-746-5772



**JAMAICAN CANADIAN
ASSOCIATION**

**TOGETHER
WE CAN
DO IT.**

ANNUAL GENERAL MEETING

SUNDAY

JUNE 26, 2005

2:00 p.m. - 6:00 p.m.

**Jamaican Canadian Centre
995 Arrow Road**

**For further information call
JCA at (416) 746-5772**

JCA's web page/address - Web Site: www.jcassoc.com • E-mail: info@jcassoc.com

SENIORS CLUB



**JAMAICAN CANADIAN
ASSOCIATION
995 Arrow Road**

**Tues. & Thurs.,
11:00 a.m. to 4:00 p.m.**

Our activities include:

**Arts and crafts,
choral group, discussions,
seminars and field trips.**

*Come and meet people who
will treat you like family
and a friend!!*

For more information call

(416) 746-5772

We would like to keep in touch with you.

Are you MOVING? Is your address INCORRECT?

Please complete and return to J.C.A. 995 Arrow Road, Toronto, Ontario, M9M 2Z5 or phone 416-746-5772

NAME _____

NEW ADDRESS _____

STREET _____ TELEPHONE NO. (____) _____

CITY/TOWN _____ EFFECTIVE DATE OF CHANGE _____

PROVINCE _____ POSTAL CODE _____ D/M/Y _____



JCA's PROGRAMS

Settlement Services for New Immigrants

This program is designed to assist newcomers to Canada, primarily those with residence of three years or less. Clients get information on employment, education, housing, family sponsorship and other services.

Youth and Family Services

Culturally sensitive counseling is provided to youth and families experiencing conflict inside and outside the home. There are also support groups for adolescent girls and incarcerated youth.

Domestic Violence and Incest/Child Sexual Abuse Program

Designed to address and eradicate violence on the lives of women and children through culturally-sensitive services, advocacy and public education. Services include individual and group counseling.

Leaders-in-Partnership (LIP)

A 10-12 week social development program for school children age 7-12 years, whose behavioral problems puts them at risk of delinquency. Topics include Anger

Building Self-Esteem, and what happens when a child gets in trouble with the law. Operated in partnership with 31 Division of Toronto Police Services.

Parenting Program

Provides group and individual counseling and information to mothers and children 0-12 years, in the areas of health and nutrition, child discipline, and other issues related to healthy child development and parent-child relationships.

Opportunity Plus +

A job preparation program for unemployed workers 45 years of age and over. Clients receive quick personal help in preparing resumes and polishing their interview skills, including the use of the Internet, review job postings and participates in scheduled workshops, including individual counseling.

K-Club(and "Junior K")

A 10-week transition program offering group support and individual counseling, addressing Anger Management, Conflict Resolution and related issues, age 12-26 years.

Caribbean Canadian Seniors

The Caribbean Canadian Senior's

Club is a separate agency within the Jamaican Canadian Association. The club provides Health and Wellness workshops, encouraging members to live active healthy lifestyles, and to lobby on issues of interest to seniors. Members meet at the JCA Community Centre on Tuesdays and Thursday, 11:00 a.m.-4:00 p.m.

Summer Camp

Provides age-specific recreational and educational activities for children age 6-12 years in Arts & Crafts, Trips and much more in a safe environment with qualified camp staff. (A small fee is charged to support this program). All other services are Free of Cost.

Language spoken: English & Twi The JCA is wheel-chair accessible

The JCA appreciates the support of our Funders (Donors & Partners): The United Way of Greater Toronto; Ministry of Citizenship and Immigration; the City of Toronto; Human Resources and Skills Development Canada; and the Ministry of Community, Family and Children's Services; and the Canadian Mental Health.

Please visit our web site or contact our office at 416-746-5772 Monday-Fridays for more information

UPCOMING EVENTS

EVENT	DATE	TIME	LOCATION
<u>Youth Affairs Annual Car Wash & BBQ</u>	June 18		JCA
<u>Flag-Raising Ceremony</u>	Sun., July 31		Toronto City Hall. 2nd Floor
<u>Jamaica Independence Church Service</u>	Sun., July 31		TBA
<u>Annual General Meeting</u>	Sun., June 26	1:00 p.m.	JCA
<u>Annual Picnic Outing</u>	Sun., July 10,		TBA
<u>Annual "Community Fun Day" Open House</u>	TBA	TBA	JCA
<u>Jamaica Independence Dinner & Dance</u>	Sat., Aug. 6th,		JCA
<u>6th Annual Charity Golf Tournament</u>	Sat., Aug. 13th,		Cardinal Golf Kettleby ON Club,
<u>6th Golf Classic Reception</u>	Sat., Aug. 13th		JCA